



## IMT Des Moines Marathon Marathon Course Description

### **Start: 300 Court Avenue**

Head east on Court Avenue  
Turn right (south) on SE 5<sup>th</sup> Street  
Turn right (west) on MLK Jr Pkwy

### **Mile 1: MLK Jr Pkwy and SE 4<sup>th</sup> Street**

Continue west on MLK Jr Pkwy  
Turn right (north) on 12<sup>th</sup> Street

### **Mile 2: 12<sup>th</sup> Street and Cherry Street**

Continue north on 12<sup>th</sup> Street  
Turn left (west) on Grand Avenue

### **IMT Des Moines Marathon and Half Marathon course split at Grand Avenue and Fleur Drive**

Continue west on Grand Avenue

### **IMT Des Moines Marathon and Half Marathon course split at Grand Avenue and Fleur Drive**

### **Mile 3: Grand Avenue on Grand Avenue Bridge**

Continue west on Grand Avenue

### **Mile 4: Grand Avenue and 35<sup>th</sup> Street Intersection**

Continue west on Grand Avenue  
Turn left (south) on 37<sup>th</sup> Street  
Turn right (west) on John Lynde Road

### **Mile 5: John Lynde Road East of 42<sup>nd</sup> Street Intersection**

Turn left (south) on SW 42<sup>nd</sup> Street  
Turn right (west) on Glenview Drive  
Turn left (south) on Foster Drive  
Follow Foster Drive through the curves

### **Mile 6: 514 Foster Drive**

Foster Drive will straighten out to the north before turning back east  
Turn right at 42<sup>nd</sup> Street (south) and turn a quick left (east) at Tonawanda Drive  
Follow Tonawanda Drive as it curves north by staying in southbound lane

### **Mile 7: Tonawanda Drive and Marsh Drive**

Stay in the southbound lane on Tonawanda Drive and continue north  
Turn left (west) on Grand Avenue  
Turn right (north) on Polk Boulevard



**Mile 8: 629 Polk Boulevard**

Continue north on Polk Boulevard  
Turn right (east) on Harwood Avenue to begin Harwood Avenue loop  
Turn right (south) on 44<sup>th</sup> Street  
Turn left (east) on Woodland Avenue  
Turn left (north) on Harwood Avenue  
Follow Harwood Avenue north onto Bradway Place  
Turn left (west) on Pleasant Street  
Turn left (south) on 44<sup>th</sup> Street  
Turn right (west) on Harwood Avenue to complete Harwood Avenue loop

**Mile 9: 4607 Harwood Avenue**

Turn right (north) on Polk Boulevard  
Turn right (east) on Kingman Boulevard

**Mile 10: 4018 Kingman Boulevard**

Continue east on Kingman Boulevard

**Mile 11: 26<sup>th</sup> Street intersection with Kingman Boulevard**

Turn left (north) on 25<sup>th</sup> Street  
Turn left (west) on Clark Street  
Turn right (north) on 27<sup>th</sup> Street and quick left (west) into Drake Stadium Track

**Mile 12: Southwest corner of Drake Stadium Track**

Complete counter clockwise lap of Drake Stadium Track and exit stadium  
Turn right (south) out of Drake Stadium onto 27<sup>th</sup> Street  
Turn left (east) on Forest Avenue  
Turn right (south) on 25<sup>th</sup> Street  
Turn right (west) on Kingman Boulevard

**Mile 13: 26<sup>th</sup> Street at intersection with Kingman Boulevard**

Continue west on Kingman Boulevard

**Mile 13.1: 28<sup>th</sup> Street at intersection with Kingman Boulevard**

**Mile 14: 4043 Kingman Boulevard**

Turn left (south) on Polk Boulevard  
Turn right (west) on Harwood Drive  
Turn left (south) on 49<sup>th</sup> Street  
Turn left (east) on Woodland Drive  
Turn right (south) on Polk Boulevard

**Mile 15: 4735 Harwood Drive**

Continue south on Polk Boulevard  
Turn left (east) on Grand Avenue  
Turn right (south) on 45<sup>th</sup> Street into Greenwood Park



**Mile 16: Sullivan Amphitheater in Greenwood Park**

Enter the Bill Riley Trailhead at Ashworth Pool parking lot

**Mile 17: Bill Riley Trail just east of Railroad Bridge**

Continue on Bill Riley Trail

**Mile 18: South of Water Works Park Pedestrian Bridge**

Follow Bill Riley Trail south across pedestrian bridge into Water Works Park

Turn right (west) onto Water Works Park Road

Turn right (north) at Y in the road to begin Water Works Park loop

**Marathon/Half Marathon Courses Rejoin at Water Works Park Pedestrian Bridge**

**Mile 19: North of Water Works Park Loop Small Pond**

Follow Water Works loop north, then west, and then south

Follow Water Works Park loop road as it curves east

**Mile 20: West of Water Works Park Shelter**

Continue east along Water Works Park road

**Mile 21: East of Water Works Park Pedestrian Bridge**

Continue east along Water Works Park road

**Mile 22: West of Water Works Park Arboretum**

Exit Water Works Park and cross Fleur Drive

Enter Gray's Lake Park on continue east on John Grubb Lane

Turn right (south) into Gray's Lake Park parking lot entrance

Turn left (east) into parking lot and right (south) onto Gray's Lake Park trail

Follow Gray's Lake Park trail over pedestrian bridge

**Mile 23: Robert and Shirley Porter Plaque on Gray's Lake Park Pedestrian Bridge**

Continue on Gray's Lake Park trail around Gray's Lake

**Mile 24: Gray's Lake Park Trail East of Meredith Trail Connector**

Exit Gray's Lake Park trail (north) onto Meredith Trail

Remain on sidewalk and cross George Washington Carver Bridge

At 16<sup>th</sup> Street intersection crosswalk merge onto MLK Jr Pkwy

**Mile 25: East of 16<sup>th</sup> Street on MLK Jr Pkwy**

Continue east on MLK Jr Pkwy

**Mile 26: North of MLK Jr Pkwy on Water Street**

Continue east on MLK Jr Pkwy to Water Street

Turn right (north) on Water Street

Turn left (west) to finish on Court Avenue

**Finish: 300 Court Avenue**

\*IMT Des Moines Marathon course maps available at [desmoinesmarathon.com/athletes](http://desmoinesmarathon.com/athletes).